

**ABSTRACT OF THE DISCLOSURE**

There is disclosed the use of a consumable film comprising triprolidine for enabling an individual to wake refreshed after sleep and the method of treating such an individual with triprolidine. Use of a consumable film comprising triprolidine as active ingredient in the manufacture of a composition for the treatment of sleep disorders is also described. A method of treating sleep of a person suffering from a sleep disorder, which method comprises administration of a consumable film comprising an effective dose of triprolidine as active ingredient to such a person is also described. The triprolidine is administered shortly before a person wishes to fall asleep, preferably orally and most commonly in the form of a tablet containing up to 20 mg, e.g. 0.1 mg, 1.25 mg or 2.5 mg, of the active ingredient. The triprolidine is also effective in enabling an individual to sleep more easily.